



August 2022 | Issue 6: Volume 4 | Hot Springs County Senior Center

The Dog Days of Summer

Most of us have heard of the dog days of summer, but do you know where the term stems from? Traditionally it refers to a period of particularly hot and humid days which stretches from July through mid August. Boy Howdy! Have we been experiencing them here in our Wonderful Wyoming! There are several other little tidbits of information on the origins of this saying. One comes from ancient Greece and Rome. This time period was a time of “drought, bad luck, unrest and when men and dogs would be driven mad over the extreme heat”.

There is also an astrological reason behind calling them “The Dog Days of Summer”. This time period of sweltering heat we have all been enduring, coincidentally, happens when a star—Sirius (the dog star) rises in the night sky. This is the second brightest star in the sky, with our very own sun being the first. It is part of a constellation called Canis Majoris. The ancient Egyptians and Romans believed that the rising of this star brought with it the extreme temperatures.

What have you been doing to beat the heat? Hopefully, keeping hydrated by drinking plenty of water, wearing sunscreen and taking shaded breaks if you are working outside. Keep in mind as we are wishing for a reprieve from the triple digit days that Fall is right around the corner and very quickly approaching are the winter temperatures and beautiful white snow that Wyoming is known for. Until then, let us enjoy these “Dog Days of Summer” and create lasting memories with our friends and loved ones.

Camping Out

Word Search Puzzle



H	C	R	I	V	E	R	E	B	D	W	F	O	R	E	S	T
M	L	R	G	G	V	F	S	R	T	I	D	G	A	G	G	S
P	X	C	P	E	E	P	I	N	Z	L	T	O	N	A	R	A
O	Z	C	L	E	C	T	E	S	E	D	E	I	G	A	R	M
D	F	D	T	A	F	T	P	R	H	L	K	M	E	C	A	O
U	T	D	R	V	Q	V	I	I	T	I	U	B	R	T	C	U
B	G	D	E	E	R	F	J	U	H	F	N	P	J	V	C	N
U	T	A	E	R	P	V	W	K	S	E	S	G	M	H	O	T
G	A	O	S	M	S	S	C	B	O	N	S	Q	O	U	O	A
S	S	K	A	Q	S	A	X	N	R	A	C	U	G	X	N	I
P	C	C	T	L	P	C	A	E	Z	T	O	I	M	P	I	N
R	Q	F	I	K	I	C	T	X	X	U	M	L	Y	M	U	S
A	H	A	C	B	N	N	P	U	Z	R	P	A	F	K	E	M
Y	R	A	U	R	A	W	S	I	X	E	A	M	Q	M	L	R
T	B	W	I	L	D	E	R	N	E	S	S	H	H	H	A	S
S	L	E	E	P	I	N	G	B	A	G	S	X	G	D	K	M
K	V	H	H	K	K	G	W	V	G	Y	H	K	B	Y	E	O



- | | | |
|-----------|-----------|--------------|
| BACKPACK | FOREST | RIVER |
| BEARS | HIKING | SLEEPING BAG |
| BUG SPRAY | LAKE | SUMMER |
| CAMPFIRE | LANTERN | TENT |
| CANOE | MOUNTAINS | TRAILS |
| COMPASS | NATURE | TREES |
| DEER | RACCOON | WILDERNESS |
| FISHING | RANGER | WILDLIFE |

Free printable courtesy of PrintFree.net

Bingo

BINGO

Every Saturday

Doors open at 5:15 p.m.

Play starts at 6:00 p.m.



Trivia:

- 1) On April 17th, 1961, this CIA-backed failed mission, meant to push Cuban leader Fidel Castro from power, was a complete failure. What was this event called?
- 2) How long does one day on the planet Venus last?
- 3) Who is the only woman to appear on a U.S. currency note?

Find the answers on page 14

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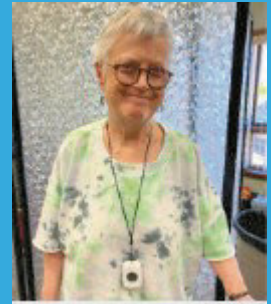
LIFE LINE SPECIAL!!!

Hot Springs County Senior Center NEW Lifeline Promo and Referral Program is in full effect!

New Lifeline customers will receive **TWO FREE MONTHS** upon installation of any lifeline.

Existing Lifeline customers who refer a friend will receive **TWO FREE MONTHS**, as well as the friend they refer, upon completion of installation!!! What a deal! So if you know anyone who would benefit from the **added security** of having a Lifeline please have them contact our Access Care Coordinator Sara, for more details.

307-864-2151.



VINTAGE RECIPE OF THE MONTH

Sour Celery and Cucumber Pickles

Ingredients:

Cucumbers
Celery
Onion

1-quart white vinegar
1/2 cup salt
1 cup of sugar

Method:

Soak cucumbers in freshwater overnight, in the morning peel and slice lengthwise.

Place in a jar longwise, add one or two stalks of celery in the center of the jars, and a slice of onion on top. Heat the following mixture:

1-quart of white vinegar, 1/2 cup salt, and 1 cup sugar. Pour over hot pickles and seal.

Adeline Dvorak

Upcoming Events

On **Wednesday, August 10th** please join us for our monthly summer BBQ at the Senior Center! Head down for lunch from 11:30-1. We will be BBQing Burgers & Hot Dogs, along with serving a Potato Salad, Garden Bounty Salad, & Chocolate Chip Cookies!



Elks Lodge Dinner Trip - August 19th, 2022

Come with us to eat at the Elks Lodge in Worland! We will leave the center at 5:30 pm. Trip costs \$10, dinner is on you! Call us to get signed up!

Blood Drive - September 6th, 2022

Blood drive at the Center from 2:00 p.m. - 6:00 p.m. Call Melene at 240-1414 to make an appointment!



CODY SHOPPING TRIP!!! - AUGUST 9th, 2022

We will leave the Senior Center at 8 a.m. & return later in the afternoon. Come down to the Center to reserve your seat before they fill up! Cost is \$20 & lunch is on you!

August 14th NOWOODSTOCK!!!

Sign up **NOW** to ensure your spot on our bus. Leaving the Center @ 8am on Sunday. \$25 includes admission. Lunch is on you! Let's go have a dancing great time!

ALL OUTINGS ARE SUBJECT TO BE CHANGED OR CANCELLED DUE TO INCLEMENT WEATHER!

Strap your party shoes on and help us celebrate our July Birthdays! If you see any of these people please wish them a Happy Birthday!



This Month's Birthdays






- Marilyn Braaten—1
- Bonnie Bauer—4
- Liz Reuter—5
- Colleen Blakesley—7
- Linda Cowger—7
- Duane Richter—9
- Lee Campbell—11
- Charlotte Porch—12
- Van Johnson—12
- Penny Wells—14
- Karen Shafer—16
- Dee Bush—20
- Shawn Fields—20
- Rex Wickenhauser—22
- Pam Sheldon—23
- Toots Daugherty—23
- Marge Slack—23
- Allen Shires—26
- Lee Worthey—26
- Mary Wojciechowski—28
- Ivan Wallin—29
- Justin Phipps—30

How many Trout species do you know?



Fishing in Wyoming

Like me, fishing is a favorite pastime of many folks and draws a great number of people to Wyoming, especially Thermopolis, for its great fishing adventures! With our cooler waters, Wyoming boasts many different species of Trout. There are Rainbow trout, Lake trout, Cutthroat trout, Brown trout, Brook trout and Golden trout and many more subspecies as well. Looking at the pictures to the left, are you able to identify which is which from the list? A couple of them look very similar but there are specific identifying marks to tell them apart :) Trout fishing can lead you to some of the most beautiful places in our state. From the Wind River Canyon to the Snake River and down the Platte. Buffalo Bill Reservoir has some of the biggest lake trout I have ever seen and The Bighorn Mountains is home to some beautiful and tasty Brookies!

	<p>GROW YOUR BUSINESS BY PLACING AN AD HERE!</p> <p>CONTACT US!</p> <p>Contact Steve Brookshire to place an ad today! sbrookshire@4LPi.com or (800) 950-9952 x2493</p> 	<p><i>Mortimore Funeral Home</i></p>  <p><i>75 Years and 3 Generations</i></p>
 <p>Canyon Village & Hot Springs Senior Apartments 103 South D Avenue Thermopolis, WY 82443</p> <p>Air Conditioning Internet High Speed Patio • Laundry Wheel Chair Accessible Paid Utilities</p> 		<p>Pre-arrangements available</p> <p>(307) 864-2666 620 Arapahoe Thermopolis, WY 82443</p>
		



AUGUST MENU

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Strips 1 Sweet Potato fries Pickled Beets w/ Onions Apples Macaroni Salad Roll	Deli Dog 2 Sauerkraut French Fries Russian Salad Baked Beans Apple Sauce Jello	Oven Fried Chicken 3 Mashed Potatoes w/ Gravy Beet Salad Chocolate Cake w/Frosting	Philly Steak Sandwich 4 French Fries Peas Tossed Salad Sugar Cookies	Pork Roast w/ Gravy 5 Baked Potato Bean Medley German Tomato Salad Fresh Fruit Apple Crisp
Beef & Spinach Wrap 8 Potato Chips Cucumber/ Tomato Salad Granola Bar Orange	Sweet & Sour Pork 9 Rice Pilaf Peas Asian Salad Yellow Cake w/ Berries	Cheeseburger 10 Lettuce, Tomato, Onion & Pickle Potato Salad Garden Bounty Salad Chocolate Chip Cookies	BBQ Pork Sandwich 11 Baked Beans Macaroni Salad Broccoli Craisin Salad Strawberries & Bananas	Chicken Enchiladas 12 Peas & Onions Lettuce Tomato Salad Tropical Fruit Brownies
Hamburger Steak w/Grilled Onions 15 Mashed Potatoes Italian Blend Vegetables Wheat Roll Tossed Salad Pear Crisp	Chicken Salad on Wheat 16 Lettuce Tomato Salad Confetti Salad Potato Salad Apples	Pizza w/ Meat & Vegetables 17 Rice Pudding Three Bean Salad Cinnamon - Apples Tossed Salad	Baked Chicken 18 Mashed Potatoes w/ Gravy Cooked Carrots Bean Salad Wheat Roll Oranges	Meatloaf 19 Mac & Cheese Bahama Veggies Apricots Pineapple Up- side Down Cake
Chicken Fajita 22 Seasoned Black Beans Lettuce Tomato Salad Peachy Pudding Oatmeal Raisin Cookies	Turkey & Swiss Wrap 23 Peaches Broccoli Craisin Salad PB Cookies Chips	Taco Salad on Corn Chips 24 Peas & Carrots Bread Stick Melon Cup Pudding	Chef Salad 25 Carrot Sticks Bread Bananas White Cake W/Frosting	Baked Ham 26 Scalloped Potatoes Peas & Carrots Rye Bread Pineapple Ginger Snap Cookies
Tuna Salad Sandwich 29 Broccoli Cheese Soup Pea Salad Carrifruit Salad	Orange Chicken 30 Fried Rice Egg Rolls Oriental Veggies Pumpkin Bread Pineapple	Liver & Onions 31 <u>OR</u> Hamburger Stk Baked Potato Tossed Salad Garden Veggies Rolls Peaches	Our menu is subject to change without notice.	

Lunch is served from
 11:30a—1:00p
 There is a suggested
 donation of \$4.00 for
 Seniors. The charge for
 Non-Senior guests is
 \$9.00

AUGUST ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
Pool Players 1 8:00-4:00 Art Class 9-11 Ladies Talk 1:00 Pinochle 6:00	Pool Players 2 8:00-4:00 Pioneer Home 1-3 Silver Stitchers 10-4	Pool Players 3 8:00-4:00 Bridge 12:30 Art Class 10:00-12:00	Pool Players 4 8:00-4:00 Pioneer Home Shopping 1:00-3:00	Pool Players 5 8:00-4:00 Blood Pressure 10:00-12:00 Bridge 12:30
Pool Players 8 8:00-4:00 Art Class 9-11 Ladies Talk 1:00 Pinochle 6:00	Pool Players 9 8:00-4:00 Pioneer Home 1-3 Silver Stitchers 10:00-4:00 Project Council 10	Pool Players 10 8:00-4:00 Bridge 12:30 Art Class 10:00-12:00	Pool Players 11 8:00-4:00 Pioneer Home Shopping 1-3 Golden Age Club 10:00	Pool Players 12 8:00-4:00 Blood Pressure 10:00-12:00 Bridge 12:30
Pool Players 15 8:00-4:00 Art Class 9-11 Ladies Talk 1:00 Pinochle 6:00	Pool Players 16 8:00-4:00 Tai Chi 9:00-10:00 Pioneer Home Silver Stitchers 10-4	Pool Players 17 8:00-4:00 Bridge 12:30 Art Class 10:00-12:00	Pool Players 18 8:00-4:00 Pioneer Home 1:00-3:00 Tai Chi 9:00-10:00	Pool Players 19 8:00-4:00 Blood Pressure 10:00-12:00 Bridge 12:30
Pool Players 22 8:00-4:00 Art Class 9-11 Ladies Talk 1:00 Pinochle 6:00	Pool Players 23 8:00-4:00 Tai Chi 9:00-10:00 Pioneer Home 1-3 Silver Stitchers 10-4	Pool Players 24 8:00-4:00 Bridge 12:30 Board of Directors 4:00	Pool Players 8:00-4:00 Pioneer Home Shopping 1:00-3:00 Board of Directors 4 pm Tai Chi 9-10	Pool Players 26 8:00-4:00 Blood Pressure 10:00-12:00 Bridge 12:30
Pool Players 29 8:00-4:00 Art Class 9-11 Ladies Talk 1:00 Pinochle 6:00	Pool Players 30 8:00-4:00 Tai Chi 9:00-10:00 Pioneer Home 1-3 Silver Stitchers 10-4	Pool Players 31 8:00-4:00 Bridge 12:30		SHOPPING/PUBLIC TRANSPORTATION IS DAILY FROM 8:15—11:00 AND 12:15-3:00 PLEASE SCHEDULE IN ADVANCE TO ENSURE YOUR TIME SPOT IS AVAILABLE!

Special People Doing Special Things By Mary White

Recently, I have had some inquiries from our seniors relating to our committees, board and other volunteers. Our committees & board meet once a month. The board is made up of seniors & involved members of the community, they meet on the fourth Thursday of each month. We are welcome to sit in and watch unless the board is called into executive session then we would have to be excused.

The Golden Age Club is made up of all us seniors who spend \$5/yr for our memberships. We elect members once a year to serve on the Golden Age Committee. Every one of the members are always invited to the yearly elections. The committee meets on the 2nd Thursday of the month and always welcomes all of us to sit in on their meetings where they make important decisions on the use of the moneys they are in charge of & other things relevant to the center.

The Project Council is my very own favorite committee because I am part of it. We meet on the 2nd Tuesday of every month. We review the upcoming lunch menus & share our input with the kitchen. We are tightly governed by the menus that are set up and approved in advance. We do not make changes but we share the input we get from other seniors. Share with us anytime your feelings about the food and menus.

We also have a decorating committee that is made up of Project Council members & other seniors who want to be involved. We set up and take down the decorations for our special occasions & for the major holidays during the year. We have many other volunteers, those who take care of the front desk & check ins, others who work faithfully to set up & deliver meals to those who eat at the center & can not carry their own tray. There are many more volunteers who spend one week every month through their churches to deliver meals to those who can not come to the center. There are also many seniors who fill in with the churches to help deliver. We are presently delivering meals every day. There are countless other volunteers who drive for medical trips and others who always say yes to any request to help in many different ways. Volunteering at our center is one of the most full-filling things we do every day, please feel free to attend meetings & come volunteer doing things which bring us happiness. Talk to Karen or Trenda about what you'd like to participate in. Your help is and always will be so important to the success of our wonderful center!

PRE-TEST By NANCY BROWN

Take this pre-test to see how you rate after reading Nancy's article on the next page.

- 1) UVA rays are the most common cause of sunburns **True or False**
- 2) A sunscreen with SPF of 10 means that the sunscreen will protect you 10 times as long as without it. **True or False**
- 3) It is recommended that you have a full body screen examination for skin cancer performed on a regular basis by your health care provider. **True or False**
- 4) Going to a tanning salon can protect you from skin cancer by preparing you for sun exposure. **True or False**
- 5) You need to wear sunscreen during the winter. **True or False**
- 6) Skin cancers are more easily treated than other types of Cancer because they affect only the skin, not internal organs. **True or False**

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Sun Safety By Nancy Brown

How did you do in the pretest? Hopefully, you picked up a few pointers.

Pre-Test Answers: 1. F 2. T 3. T 4. F 5. T 6. F

The sun is good for many things including warmth, light, allowing plants and flowers to grow. It has some harmful effects also. It emits ultraviolet radiation—in the form of UVA, UVB and UVC rays. The UVA ray is called the aging ray, the UVB ray is called the burning ray and thankfully the UVC ray does not penetrate the earth, yet to cause harm. These harmful rays reach the earth every day, even on cloudy days.

What happens to our skin without protection from the harmful rays?

1. **SKIN CANCER**—there are three forms of skin cancer; basal cell, squamous cell and melanoma.
2. **SUNBURN**—even one sunburn in life places you at risk for possibly developing skin cancer.
3. **TANNING**—tanning means that the skin has been injured— often mistaken as a sign of good health.
4. **AGING**—exposure to the rays makes the skin tough and leathery; makes the skin age more quickly.
5. **ALLERIGIC REACTIONS**—some drugs can become issues when exposed to the sun.

What is a person to do?

Apply Sunscreen every two hours—
SPF of 30.

Wear protective clothing

Seek shade between 10-4

Avoid tanning beds

Get skin checks



Marilyn Matthews By Mary White

Caring, diligent, always where she's needed, just a few of the adjectives to describe this dedicated volunteer.

Marilyn was born in Baker, Montana on March 31, 1941. She attended school in Baker and at a country school, her family included her parents and three sisters. She married her special man at the early age of 15 in 1956 and remained with C.R. until his death in 2014.

They moved to Thermopolis in 1998, worked and were involved with antiques for most of their working lives. Marilyn continues to participate in craft shows where she shows and sells her jewelry. She thoroughly enjoys antiques, jewelry, and going to garage sales. She diligently maintains her lovely home which is filled with her wonderful antiques.

She and C.R. started coming to our center in 2005, taking part in the activities and eating with us everyday. She is also an avid card player. She began volunteering as soon as she became a center regular. She volunteers for Saturday night Bingo, is a loyal member of Project Council and never misses her Wednesday duty as greeter and check in person up front. She is an absolute pro at greeting people, answering their questions and helping them when they're checking in for lunch. Never one to be idle, she seeks out things to do when all is quiet up front, she shreds paperwork for office staff, keeps the greeting cards organized and takes on any task staff finds for her to do.

Marilyn is such an important member of our senior community, we should all share a smile and a thank you when we check in.



Public Service Announcement!

With the rising temperatures it is imperative that you have an ice pack in your coolers for home delivered meals. **YOUR MEALS MAY NOT BE LEFT IN COOLER IF THERE IS NOT AN ICE PACK** to keep the food cool and safe to eat.
THANK YOU!

HAPPY BIRTHDAY COUPON

If you are sixty or older and have a birthday this month please bring this coupon to the HSC Senior Citizens Center for a FREE meal courtesy of Big Horn Federal.

NAME _____

BIRTH DATE _____

Answers:

1. The Bay of Pigs Invasion
2. One Year
3. Martha Washington

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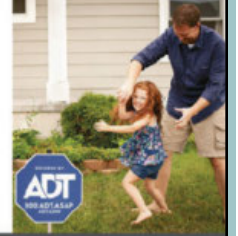
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Members that Make it Happen

Senior Center Staff Members

Director

Trenda Moore

Secretary/Meals Coordinator

Karen Shafer

Access Care Coordinator

Sara Gentry

Homemakers

Roberta Elwell

Emma Goffena

Tina Romero

Karla Corrick

Transportation

Pam Rangel

Rick Sharp (Substitute)

Kitchen

Stephanie Palu (Head Cook)

Colleen Blakesley

Amy Krueger

Jan Sharp

Custodian

Ralph Worthey

WSHIP Volunteer

Bob Seltzer

Belenda Willson

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WHENEVER WE NEED IT!!**

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John Lumley- 1st Vice Chairperson

Marty Oravec- 2nd Vice Chairperson

Nancy Brown- Secretary

Cheryl Shero- Treasurer

Butch Hendrickson

Gary O'Brien

Barb Vietti

Ray Shaffer

*The Monthly Meeting for the Board of
Directors is the 4th Thursday at 4:00pm*

Golden Age Club

John Brooks III- Chairperson

Virginia Odde- Vice Chairperson

Roxie Braley- Secretary

Trudi Brooks- Treasurer

Beverly Ward

Jackie Novakovich

Mike Chimenti

Frank Toth

Carolyn Spann

*The Golden Age Club meets monthly on the
2nd Thursday at 10:00am*

Project Council

Joanne Holbert- Co-Chairperson

Trudi Brooks- Co-Chairperson

Vacant - 1st Secretary

Marilyn Matthews

Mary White

Jackie Novakovich

Joan LaFave

Mary Wojciechowski

*Project Council meets monthly on the 2nd
Tuesday at 10:00am*

Hot Springs County Senior Citizens Center, Inc.

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hcsr1@live.com

Website:

www.hscseniorctr.com

Our Vision

Our vision is to preserve, enhance and stabilize the quality of senior life, to maintain dignity & independence for older adults, and to promote a community in which we all age well.

Our Mission

Provide a variety of activities, services and opportunities for participation, learning and socialization to older individuals, to help them retain their personal skills & diminish stress, to help them remain independent in their own homes & communities for as long as safely possible, thereby reducing the financial & emotional burdens to their loved ones & the state.

This document was developed under Grants (s) from the U.S. Department of Health and Human Services, Administration on Community Living and the Wyoming Department of Health, Aging Division, Community Living Section. You should not assume endorsement by the Federal or State government.

**Hot Springs County
Senior Citizens Center, Inc.**

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